



RECOVERY HAVEN KERRY NEWSLETTER



DECEMBER 2024 - Edition #7

HEARTFELT GRATITUDE TO YOU ALL THIS CHRISTMAS



As Christmas approaches, it feels like this year has gone by in the blink of an eye. It has been a year of settling in as we all adjusted to the new building, with some new services and initiatives introduced for our clients.

It was a year of welcoming new faces as new volunteers and staff joined us, but also a year where we said goodbye to two lovely longstanding volunteers, Dolores Curtin and Paul Kirkman, who sadly passed away. We thank them for the service they gave to Recovery Haven and remember them fondly. Throughout the year, the level of volunteerism across all areas of the service has been exceptional, with consistent commitment, effort, time and dedication given by volunteer Listeners, Complementary Therapists, Gardeners, Fundraisers and our Board. Thank you all for your contribution - our service is all the richer for it. Thank you too to our wonderful staff team, counsellors and play therapists. It is truly a team effort across the board by volunteers and staff to ensure our clients continue to receive the best possible service at all times. Thank you is also due to our Honorary President, Marian Barnes, our Patrons, Dick Spring and Don O'Neill and our Ambassador, Dara Ó Cinnéide, for their support and involvement.

Cancer touches everyone in the community - people newly diagnosed or living with cancer, those who have successfully completed their treatment, those caring for them and those grieving for loved ones no longer with them- Recovery Haven Kerry offers a hand at the elbow of anyone needing support on a cancer journey and we walk with you as you navigate this challenging time.

This is only possible with the support and goodwill that our charity receives from across the county from individuals, communities, organisations and businesses, which we are immensely grateful for. It is testimony to the respect and high regard felt towards the service within the community and we are privileged to have it. It is this support and assistance that enables us to continue to offer our services free of charge to those who need them. From the bottom of our hearts, thank you for this.

On behalf of all in Recovery Haven Kerry, I would like to wish you all a Peaceful Christmas and every good wish for 2025.

Gemma Fort, Manager



CHRISTMAS SPIRIT RINGS OUT AT TREE LIGHTING CEREMONY



A huge, huge thank you to everyone who joined with us for our Christmas Tree Lighting ceremony.

It was such a special evening, made all the more beautiful by everyone's participation.

We are, of course, also thinking of those who could not be with us tonight...who were missed and very much in our thoughts.

Special thanks to Kerry Co Council for donating the tree and to Ballymac CE Scheme for erecting it once again.





RECOVERY HAVEN CELEBRATES MEMBERSHIP EXTENSION OF ALLIANCE OF COMMUNITY CANCER SUPPORT CENTRES

The vital role that Recovery Haven Kerry is playing in our healthcare system was officially recognised in November, when we unveiled a plaque to mark a three-year extension of our membership of the Alliance of Community Cancer Support Centres and Services.

Professor Risteárd Ó Laoide, National Director of the National Cancer Control Programme (NCCP) officially unveiled the plaque in front of almost 50 guests, staff, volunteers and supporters – among them, HSE representatives Dr Andy Phillips; Julie O'Neill, Majella Doherty and Mary Fitzgerald, as well as Louise Mullen, National Lead for Cancer Survivorship, NCCP and Dorothy Thomas, Patient Engagement Manager, NCCP. Other guests included our founder and Honorary President, Marian Barnes and our patrons, Dick Spring and Don O'Neill. A proud Tralee man, Professor Ó Laoide said it was an honour to be back home for such a special occasion.

The presentation of the plaque cements the incredible role community cancer support centres like Recovery Haven Kerry play in our healthcare system, providing invaluable psycho-social support for those living with and beyond cancer in a community setting. The Model of Care for Psycho-oncology launched in 2020 recognises the necessity for a comprehensive psychosocial support service that spans the acute hospital, satellite treatment centres, primary care and community cancer support centres, who all have a vital role to play in promoting and enhancing psychological wellbeing, in supporting patients and their families. Recovery Haven Kerry works closely with health care staff in oncology and palliative care in UHK and CUH as part of this.

Being compliant with the Best Practice Guidance for Community Cancer Support Centres is a mark of quality. It reinforces the need for good governance which keeps us on our toes as a board and we monitor our compliance in line with the Code of Governance as set out by the Charities Regulator. It offers us a yardstick to measure what we are doing against the standards required. As a result, healthcare professionals have more confidence in referring people to Recovery Haven – people who in turn get to reap the benefits of the extensive range of free psycho-social supports available.





Recovery Haven Kerry Cancer Support House

PROGRAMME OF SUPPORTS & SERVICES

PSYCHOLOGICAL SERVICES

- One to one counselling
- Children's Play Therapy
- Adolescent Counselling
- Men's and Women's Support Groups
- Drop in/Phone Support
- CUBS Programme (Children)
- CLIMB Programme (Children/Teens)
- Bereavement Support



EDUCATION PROGRAMMES

- Cancer Thrive & Survive
- Building Better Care Givers
- Grief, Loss & Change Programme



COMPLEMENTARY THERAPIES

- Massage
- Reflexology
- Indian Head Massage
- Manual Lymphatic Drainage Massage
- Craniosacral Therapy

GROUP EXERCISE CLASSES

- Yoga
- Qi Gong
- Walking Group
- Hydrotherapy



PRACTICAL SERVICES

- Wig/Bra & Prosthesis Fitting
- Support & Information
- Community Outreach
- Look Good, Feel Better Classes
- Information on finance, entitlements & benefits
- Nutritional information



For more information about any of the above FREE services:

Phone us on 066 7192122

Drop in to see us at 5 Haig's Terrace, Tralee, Co Kerry (V92TN35)

Visit www.recoveryhavenkerry.com

If you or a family member are dealing with cancer, we invite you to contact us. Our trained team is here to provide a safe and confidential space for you to access information and emotional support. We are here to offer a hand when you need support, answer any queries you may have and guide you through the range of free supports available to you

Registered Charity Number 20073749
CHY 18974



RECOVERY HAVEN KERRY

MONTHLY

Women's Cancer Support Group

A safe, friendly & confidential space for women experiencing cancer to explore personal issues & support one another

Returns
September 27th



THE GROUP MEETS ON
THE LAST FRIDAY OF EACH
MONTH - AT 11.30AM

at RECOVERY HAVEN KERRY
5 Haig's Terrace, Tralee - V92TN35

New Members
Welcome



For more information call us on 066 7192122



BEREAVEMENT SUPPORT GROUP



A safe & confidential space for those who have experienced the loss of a loved one through cancer



Twice monthly - on Mondays
at 10.30 am *



Recovery Haven Kerry
5 Haig's Terrace, Tralee - V92TN35

*The group meets on the second Monday of each month

For more information call us on 0667192122

RECOVERY HAVEN KERRY

MEN'S CANCER SUPPORT GROUP



A safe space for men dealing with cancer to meet in confidence and support one another over a coffee & a chat



066 7192122

reception@recoveryhavenkerry.com



MEETS TWICE MONTHLY
ON MONDAY NIGHTS
7PM - 9PM



Registered Charity No. 20073749



Are you getting married?

You can do us a FAVOUR...



RECOVERY HAVEN KERRY
Cancer Support House



Wedding Favours



If you would like to make a donation to Recovery Haven Kerry Cancer Support House in lieu of wedding favours on your big day, we are happy to provide dedicated table cards acknowledging your kind donation



For more information:

Phone Marisa on 066 7292122 or email: marisa@recoveryhavenkerry.com

Thank you to everyone who donated in 2024



RECOVERY HAVEN
KERRY



Killorglin OUTREACH SERVICE

Come meet our team of staff, volunteers & therapists and learn about our range of FREE supports and services available for cancer patients, their families & carers

WHEN & WHERE:

Twice Monthly on Thursdays at
The Community Care Centre
Market St, Killorglin
10.30AM - 1PM



WHAT WE OFFER IN KILLORGLIN:

- Drop-in Support Service
- One-to-one counselling
- Reflexology
- Massage

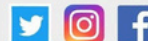
COUNSELLING & THERAPIES BY APPOINTMENT:

Phone: 0667192122

E: reception@recoveryhavenkerry.com

FOR MORE INFO:

www.recoveryhavenkerry.com



Registered Charity No. 20073749

WALKING GROUP

A GENTLE GUIDED WALK IN
TRALEE & SURROUNDING AREAS
AND CONNECT WITH
EACHOTHER



Twice
Monthly

Who can join?

Open to men and women

Suitable for all ages and
abilities

At 10am

TO BOOK YOUR PLACE:

066 - 7192122

reception@recoveryhavenkerry.com



RCN. 20073749



HYDROTHERAPY CLASSES



GENTLE EXERCISES
to improve your health &
fitness & help with
rehabilitation, mobility and
pain relief

KERRY
SPORTS
ACADEMY

KERRY SPORTS ACADEMY
HYDROTHERAPY POOL

BEGINNING
Wednesday
January 15th
12 - 1pm

Places are limited to 14 so early booking is advisable by
phoning 066 7192122



SAVE THE DATE!!!



**APRIL 3RD
2025**



Look Good, Feel Good Fashion Showcase

IN AID OF RECOVERY HAVEN KERRY - CANCER SUPPORT HOUSE

Hosted by
renowned designer

Don O'Neill

Produced by



*Fantastic
Raffle*

*Best Dressed
Lady & Gent*

*Prosecco & Wine
Reception*

*Fantastic
Fashion*

*Super
Guests*

TICKETS ON SALE NOW !!!

RCN 20073749

FASHION SHOWCASE RETURNS TO INEC ARENA IN APRIL '25 TICKETS ON SALE NOW!

We are so excited to announce the return of our Designer Fashion Showcase in 2025 - so get the date in your diary now - Thursday, April 3rd!!! Star of last year's show, *Don O'Neill*, will take up the hosting role, and will MC this exciting event - which, if you remember, was attended by almost 1,200 people last time.

We are also delighted to announce that we will be including MEN'S FASHION this time round, and a new aspect of the event will be a focus on wellness and wellbeing - with some very special guests lined up - so be sure to keep an eye on our website and social media for more details as plans progress. We are, of course, delighted to return to the amazing Gleneagle INEC Arena and work with the fantastic team there - while the extraordinary Norma O'Donoghue is also back on board to produce the show, with all the pizzazz of last time!

Together, we are confident of bringing you another spectacular event - so why not get your tickets now to be sure of your seat.

Tickets are priced at just €35 and are available now from Recovery Haven, Tralee, (V92TN35) or online on our website and social media.

RECOVERY HAVEN LAUNCHES PODCAST SERIES

We are thrilled to announce the recent release of our very own eight-part podcast series to Spotify and Apple Play.

Recorded and produced by Pa Lynch of Tralee-based Longwave Audio, and sponsored by Gilroy's Green Energy LTD, the Recovery Haven Kerry Podcast is hosted by the charity's client services coordinator, Siobhan MacSweeney, who speaks about the broad range of services available at Recovery Haven Kerry Cancer Support House; chats with some service users about their experiences, along with health care professionals who sensitively outline what patients can expect when referred to oncology services.

The aim of the podcast series is to allow those experiencing cancer to learn a little bit more about the services available at Recovery Haven Kerry and encourage those who may not have previously availed of the charity's services to consider doing so.

Recovery Haven Kerry board chairman, Tim McSwiney, paid tribute to everyone who put so much time and effort into creating this informative, educational and poignant series - including Siobhan and producer Pa Lynch who were incredible with their time and commitment to the project, to the wonderful clients, staff, counsellors and health care professionals who shared their stories and experiences. He also thanked Pat Gilroy of Gilroy's Green Energy Ltd who kindly sponsored the series.



Podcast presenter, Siobhan, with guest Lynn Swinburne - senior health promotion officer with the HSE National Screening Service



FESTIVE FUN AT NETWORK IRELAND KERRY PRESIDENT'S CHARITY LUNCH

What a truly inspiring, love-filled day we had at the Network Ireland Kerry Presidents Lunch at the stunning Cahernane Hotel Killarney on December 7th. The positivity, comradery, support and love was oozing from the room, and we were honoured to be a part of it. So, so many people to thank, not least the lady of the hour, outgoing president Linda O'Mahony Logan whose warmth, kindness & passion for Recovery Haven is something we will always cherish. We are honoured to have made such a beautiful connection with you and your family through your Presidency of Network Ireland Kerry. To the amazing, inspiring business men and women in the room who supported us so generously, not only on the day, but for the past 18 months as charity partner... We are humbled by your kindness. And to our Patron Don O'Neill, who not only took the time out to be with us with his husband Pascal, but who captivated the room with his beautiful, heartfelt words about Recovery Haven, love & life. We are forever grateful to you for your passion, love and support and it is something we never take for granted. Thank you all for a day to remember

 **Michelle Breen-Crean**



Our Mission is to deliver caring and therapeutic services to those who have experienced cancer, their families and carers in a tranquil and relaxing environment and to the highest standard



MULTIPLE AWARDS FOR RECOVERY HAVEN IN 2024

GOLD FOR RHK AT KERRY COMMUNITY AWARDS



We were absolutely honoured to receive a GOLD award at the 2024 Kerry Community Awards in September. From hundreds of community groups and charities who entered the prestigious competition, 20 finalists were shortlisted for the final - with just 10 receiving a GOLD AWARD. A huge honour, and a testament to the work being carried out at Recovery Haven and the esteem in which we are held. The overall winner on the night from the 10 gold winners were Cahersiveen-based Cúnamh Iveragh CLG. Congratulations!

A SECOND COUNTY TITLE FROM THE NATIONAL LOTTERY

In July, we were absolutely buzzing when we received news that we were a KERRY COUNTY WINNER in the National Lottery's Good Causes Awards 2024 in the Health and Wellbeing category

Just one winner per county was selected in each category, so this was a huge honour for us and we are so, so grateful to everyone who has made this possible – from our staff, board, volunteers, supporters and of course those we support.

This was the second time we have been named the Kerry county winner in the competition (also in 2022)

What the judges had to say...

“The sheer number of entries across the country was beyond our expectations and the judges were really impressed with your entry. Being named County Winner is a true testament to the quality of your entry & a reflection of all the good work you do”



TIDY TOWNS HONOURS FOR RHK

And in October, we were thrilled to be a winner at the annual Tralee Tidy Towns Awards in the Public Building Category.

The awards recognise the dedication of individuals, businesses, and community groups that have tirelessly worked to improve the environment, and we were thrilled to be among the winners.

Special thanks to Sugrue Design and Parkway Construction for helping us create a new building that we are extremely proud of, and of course our volunteer gardening team who ensure that our beautiful garden is immaculately maintained always.

Thank you also to the judges and committee who recognised Recovery Haven in this year's awards.





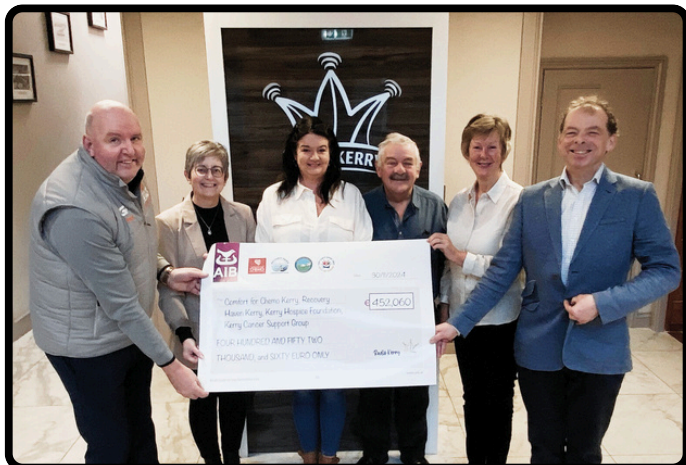
OUR VOLUNTEERS....THE LIFE BLOOD OF RECOVERY HAVEN

Recovery Haven Kerry is a volunteer-led charity, founded by volunteers, with a core team of 60 men and women contributing a phenomenal **5,458 volunteer hours** of support to the end of November 2024.

It is not an exaggeration to say that Recovery Haven Kerry simply could not continue to deliver its services without this incredible support – from our Board of Directors who oversee the strategic direction of the charity, to our volunteer listeners, complementary therapists, gardening group and dedicated fundraising and events committee members. In 2024, we recruited and trained 19 new volunteer listeners and therapists, whose ongoing contribution is a cornerstone of the success of the charity.

The directors and management wish to express their immense appreciation to all volunteers who freely give so much of their time to Recovery Haven Kerry.





PRE-CHRISTMAS GIFT FROM RADIO KERRY

We were absolutely thrilled to receive a wonderful €21,717 before Christmas from Radio Kerry - the proceeds of Radio Kerry Bingo. This brings the total funds raised by Radio Kerry, since May 2021, to €452,060 for Kerry's four cancer support charities. How phenomenal is that?

To receive this kind of funding is just amazing and will help hugely in allowing us to continue providing vital, free support services to those affected by cancer and their families. This, of course, would not be possible without the support of all the listeners who play Radio Kerry Bingo week on week, and we hope you all know just how much that support means to us all. Thank You Radio Kerry

RECOVERY HAVEN BENEFITS FROM RING OF KERRY CHARITY CYCLE



Recovery Haven Kerry's Marian Barnes, Marisa Reidy, Kathleen Collins and Jacinta Bradley with ROKCC PRO, Cathal Walshe, at the presentation to charities last month

JIM'S BAR IN DUAGH LENDS ITS SUPPORT

A huge thank you to Joe & Kerry Brady of Jim's Bar, Duagh, along with all their wonderful customers, who held a fundraising hamper raffle recently and raised €335 for Recovery Haven. We were delighted to welcome Kerry & Joe to Recovery Haven to present the funds and thank them in person for their support



THANK YOU TO MARIE & HER LITTLE MEMORY GALLERY



A huge thank you to Marie from the Little Memory Gallery who raised a wonderful €1,035 from her annual Christmas Family Photo Shoot. Thank you too to all the wonderful families who featured in the shoot and supported our charity

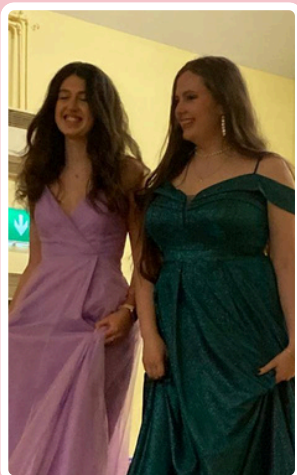


Massive thanks once again to Forever_Donna_Ahern and Miriam Costello for calling in to Recovery Haven with 35 fabulous care bags for our clients. We are so truly grateful to be part of this wonderful initiative again this year - thank you ladies!



It was a privilege for our PR & Marketing Officer, Marisa Reidy, to be invited to speak about the supports and services available at Recovery Haven with the lovely ladies of the Scotia Probus Group in Tralee in November. Thank you all for the kind invitation and for your wonderful support and feedback

FASHION AND FUN IN KIELDUFF COMMUNITY CENTRE

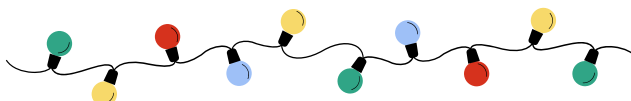


We were thrilled to welcome Mary Lynch and members the Kielduff Community Centre to Recovery Haven recently where we received a cheque for €1,310 - proceeds from their fantastic local fashion show which was held in aid of ourselves and the local community centre. We are hugely grateful to Mary for all the work she put into the event, as well as the local committee members, and everyone who supported the event in any way - from sponsors and models to guests and supporters.



CHRISTMAS LIGHTS FOR RECOVERY HAVEN

If you can at all, be sure to pop along to Noonans in Templeglantine and Purcells in Killorglin to support their incredible Christmas Lights Displays. Both families have been tremendous supporters of RHK over the years





ASPEN GROVE STEP OUT FOR RHK

ONCE again, the good folks at Aspen Grove showed their generous side by raising funds for Recovery Haven Kerry. The company, based on the Castlemaine Road, started their 'Stepتمبر' initiative in 2021 just for fun where staff get some exercise by committing to walking 200,000 steps during that month. Since last year they've introduced a charity aspect to it where they logged their steps every day and for every staff member who achieved over 200,000 steps for the month, the company donated €50. This year they raised €1,000.



KERRY COLLEGE OF BEAUTY STUDENTS HOST PINK NAILS EVENT



We were delighted to welcome the students from Kerry College of Beauty back to Recovery Haven in October for our annual Pink Nails event to mark Breast Cancer Awareness Month. We are so hugely grateful to the ladies for giving their time and for making our guests feels so special



Members of our hugely active Men's Support Group enjoying their annual Christmas outing in Tralee last week. Our Men's Group meets here at Recovery Haven twice monthly, on Monday nights, from 7pm-9pm, offering a safe space for men dealing with cancer to support one another over coffee and a chat. For more details please feel free to contact us on 066 7192122.



Meanwhile, our lovely Women's Support Group also enjoyed their annual Christmas outing at Tralee's James Hotel earlier this week. The ladies meet on the last Friday of each month at 11.30am, offering a safe, friendly and confidential space for women experiencing cancer to explore personal issues and support one another. If you would like some more information or are interested in joining the group, please feel free to contact us on 066 7192122.



CHRISTMAS PARTY FUN AT KINGDOM GREYHOUND STADIUM



A massive Thank You to Ina O'Leary and her fabulous team at Kingdom Greyhound Stadium for hosting our Christmas Party on Friday, December 13th

We had such a fabulous night with great food, great fun - and even a little flutter on the dogs!

It was so lovely to catch up and enjoy a night out together after a very busy year!



CHRISTMAS JUMPER DAY AT DERRYQUARY NATIONAL SCHOOL



We are so hugely grateful to the staff, pupils and board of management of Derryquay NS who held a Christmas Jumper Day in aid of Recovery Haven Kerry on Friday, December 13th and raised a wonderful €197. Thank you all so, so much.

Honorary President: Marian Barnes - **Patrons:** Don O'Neill & Dick Spring - **Registered Charity Number:** 20073749

Board of Directors: Tim McSwiney (Chairperson), Ann O'Dwyer (Secretary), Eddie Murphy, Michael Moynihan, Kathleen Jordan, John Breen, Patricia Dowling, Declan Crowley and Cáit Uí Chonchuir

AMAZING DAY IN LIMERICK AS ABSEIL RAISES OVER €11,000

What a truly fantastic day we had at King John's Castle in Limerick back in October when we took on our second annual fundraising Abseil. We had such a wonderful morning, with everyone facing their fears and taking on the challenge with massive enthusiasm and passion for Recovery Haven.

We want to say a huge, huge thank you to everyone who took part and raised a total of €11,268 for Recovery Haven, which we are so truly grateful for. We're already thinking about some new, exciting ideas for next year's adventure Fundraiser - so watch this space! Or feel free to get in touch if you have any ideas you'd like to share with us!



SING-SONGS & STORYTELLING AS CLIENTS GET TOGETHER

What an absolutely fabulous morning we had on Tuesday, Dec 17th at our Client's Christmas get together before we break for the festive season! With close to 80 people in the room, we were overwhelmed by the outpouring of support and gratitude for Recovery Haven, and honoured to host such an inspiring, resilient group of men and women.

More impressive, however, was the selection of secret singers, balladeers, storytellers and characters we never knew we had in our midst and who kept us entertained during the morning. Well done to all - what an extremely impressive bunch!!!

A massive thank you to our incredible team of staff and volunteers who were busy making sure everyone was fed and watered all morning. It truly was a team effort, as always, and we are so grateful for you all!



FLANNERY AND O'SULLIVAN FAMILIES HONOUR MICHELLE

We were truly overwhelmed with an incredible donation of over €18,000 made to us by the Flannery and O'Sullivan families from Dingle/Ventry back in October.

The astonishing amount of money was raised from a coffee morning and online fundraiser which was organised in memory of the late Michelle Flannery O'Sullivan by her adoring family.

On October 9th, we were honored to welcome Michelle's family (Cian, Fidelma, Hughie & Maeve, along with Maeve's children) to Recovery Haven to present the funds to us, and have a look around our new facilities here at Haig's Terrace.

We would like to express our sincere thanks to the family and every single person who donated so generously to the event. We are humbled by your incredible support.



KATIE'S #COFFEE4CANCER DRIVE RAISES THOUSANDS FOR CHARITY



We are so grateful to everyone who supported Katie Foley's #Coffee4Cancer fundraising campaign, both online and at her amazing event in Inch in October in aid of ourselves & National Breast Cancer Research Institute. Each charity received a staggering €17,804 and to say we are blown away by people's generosity is an understatement. Thank You so much to everyone who made this possible!



Here's what your support means to our clients...

"From the always warm welcome to the never-ending emotional support, I will always be grateful for Recovery Haven. I would highly encourage anyone living with a cancer diagnosis to reach out to this service.
Sincere thank you to every single person working there."

"I was totally in awe that I could finally identify and, more importantly, own the fears and concerns that had been weighing me down. I have developed a resilience I would never have thought possible because of Recovery Haven."

"I couldn't have done this journey without you all and, in particular, the Women's Support Group. It is a loving circle of strength, hope - and giggles too."

"Recovery Haven gave me the strength I needed the whole way along my cancer journey. It is an extremely special place."

"When you have cancer, you often see your world in darkness, but Recovery Haven has allowed me to see my life in colour again."

"Recovery Haven is a place where a person can enter and bear their pain and find support and help as the light at the end of the tunnel becomes brighter. You are that light, so please know just how much you all do for us all when our light has dimmed and looks like it will never shine again"

Would You Like To Become A Friend of Recovery Haven Kerry?

The Friends of Recovery scheme is offering businesses and individuals an opportunity to make Recovery Haven their charity of choice by making a weekly contribution or a one-time donation via a standing order.

The weekly contribution amount is at your discretion, but for individuals who donate a minimum of €5 per week or (€250 per annum) the Revenue Commissioners operate a charitable donation scheme which increases your donation to us by an extra €112.33. Equally if a company chooses to donate €250 or more in a year, that company can claim a tax deduction.

For more information or to get an application call 066 7192122 or visit www.recoveryhavenkerry.com

To Support Our Work or Make a Donation

Account Name:
Recovery Haven Ltd
Account Number:
07684-013
Sort Code:
93-62-51
IBAN:
IE10 AIBK 9362 5107 684013
BIC:
AIBKIE2D



RECOVERY HAVEN KERRY
CANCER SUPPORT HOUSE

5 Haig's Terrace, Tralee, Co Kerry V92TN35

The Alliance of
Community Cancer
Support Centres
and Services

Member 2024-2027



066 7192122

reception@recoveryhavenkerry.com



www.recoveryhavenkerry.com

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